

Eating Wisely When You Have Kidney Disease



Your kidneys normally take out waste products and extra fluid from your blood. These waste products come from the food you eat and liquids you drink. Kidneys work extra hard when a person eats too much protein or drinks too much fluid. Foods that contain high amounts of potassium, phosphorus or sodium also cause the kidney to have more difficulty removing waste products and extra fluid. A person with kidney disease must choose food carefully to help the kidneys work well and to stay healthy.

Here are some general guidelines to follow.

- ▶ **Limit Fluids** to 6 cups or 48 ounces per day (1 cup = 8 ounces). Fluids such as water, coffee, tea, lemonade, and cranberry juice are okay to use – just watch your limit! Foods that melt at room temperature such as ice, ice cream and Jell-O also need to be counted as fluid.

- ▶ **Include 2 to 3 servings of high quality Protein** foods daily. Choose lean meat, fish, chicken, turkey, and eggs. One serving is 3 ounces, about the size of the palm of your hand. Limit total protein to 8 ounces daily. Avoid processed cheeses like American or Velveeta since they have a lot of salt. Avoid salted, canned, and cured meats such as Spam or bacon.

- ▶ **Salt** should not be added to your food. Season food with herbs and spices. Stay away from salty snack foods such as pretzels and chips. Avoid salt substitutes – most are very high in potassium.

- ▶ **Limit milk, yogurt, ice cream or sherbet** to just one ½ cup serving a day because they have a lot of **Phosphorous**. Non-dairy creamers can be used in addition to milk.

- ▶ Avoid nuts, peanut butter, dried beans, seeds and lentils. These foods are high in potassium and phosphorus and they make more waste products in your blood. Also, a high level of phosphorus in the blood can make bones weak and brittle.
- ▶ Choose no more than 3 fruit servings each day. One serving is ½ cup or one medium fresh fruit. Good choices are: Apples, Applesauce, canned Apricots, Blueberries, Cherries, Cranberries, Coconut, Figs, Fruit Cocktail, Grapefruit, Grapes, canned Peaches, canned Pears, Pineapple, Strawberries, Tangerines.
- ▶ Limit vegetables to 2 servings a day. One serving is ½ cup cooked vegetable or 1 cup of salad. Good choices are Asparagus, Bamboo Shoots, Green Beans, Wax Beans, Beets, Bell Peppers, Broccoli (cooked), Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumber, Eggplant, Greens (collard, mustard, kale), Lettuce, Mushrooms, Onions, Peas, Radishes, Squash, and Tomatoes (canned, no salt added).
- ▶ Bread, tortillas and no-salt-added type crackers can be used in moderation. Use white, Italian or French bread.. Avoid bran and whole grain cereals. Cream of Wheat, oatmeal, and plain dry cereal can be used.
- ▶ Regular margarine, mayonnaise and cooking oil can be used.
- ▶ If you are a diabetic, continue to eat meals and snacks at regular times. Diabetics should not use sugar, honey or syrup. For insulin reactions, don't use orange juice. Orange juice is very high in potassium. Cranberry juice is a better choice.

Here is a sample menu using good choices for people with kidney disease.

Breakfast

1 scrambled egg
2 slices of white toast with margarine
½ cup strawberries
½ cup milk
Coffee

Lunch

Turkey sandwich with 2 ounces of turkey, and
Two slices of white bread, lettuce and mayonnaise
½ cup coleslaw
½ cup grapes
Iced tea and lemon

Dinner

Grilled Pork chop (3 ounces)
½ cup white rice
½ cup green beans
½ cup applesauce
Dinner roll and margarine

Snack

5 or 6 no-salt-crackers
¼ cup tuna salad